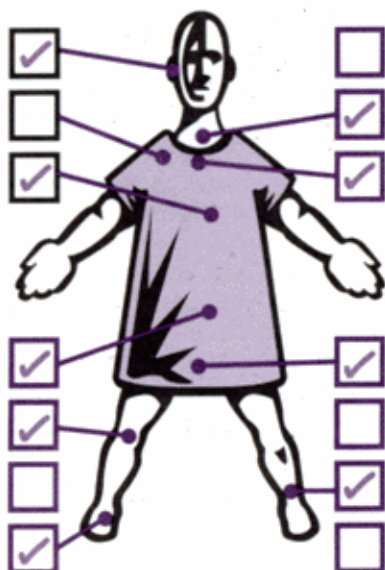


Early Detection is Key

To help you detect problems early, the following is a list of recommended health screenings. These guidelines assume you have no symptoms and no risk factors, including family history of these diseases. Discuss your risk factors and need for screening exams and testing with your healthcare provider to determine a schedule that works best for you.

Important Note: Your healthcare plan may use different guidelines. Talk with your healthcare provider to devise a plan that meets your specific needs. Also discuss your need for Pneumonia, Measles and Hepatitis B immunizations.



Recommended Health Screening Guidelines

Women

	Age 18 - 30	Age 31 - 39	Age 40 - 49	Over 50
Physical Exam, Risk Assessment	At least once	At least once	Every 1 to 2 years	Every 1 to 2 years
Pap Exams	Every 1 to 3 years Discuss with provider	Every 1 to 3 years Discuss with provider	Every 1 to 3 years Discuss with provider	Every 1 to 3 years Discuss with provider
Cholesterol Measurement		By age 35	Every 5 years	Every 5 years
Blood Pressure Measurement	Every 1 to 2 years	Every 1 to 2 years	Every 1 to 2 years	Every 1 to 2 years
Flu Vaccine	Yearly if at risk	Yearly if at risk	Yearly if at risk	Yearly after age 65
Tetanus Vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Breast Exam by Health Care Provider			Every 1 to 2 years	Every 1 to 2 years
Mammogram			Discuss with provider	Every 1 to 2 years
Rectal Exam, Stool Test for Blood				Yearly
Flexible Sigmoidoscopy (Colon Exam)	Every 5 years			

Men

	Age 18 - 30	Age 31 - 39	Age 40 - 49	Over 50
Physical Exam, Risk Assessment	At least once	At least once	At least once	Every 1 to 2 years
Cholesterol Measurement		By age 35	Every 5 years	Every 5 years
Blood Pressure Measurement	Every 1 to 2 years	Every 1 to 2 years	Every 1 to 2 years	Every 1 to 2 years
Flu Vaccine	Yearly if at risk	Yearly if at risk	Yearly if at risk	Yearly after age 65
Tetanus Vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Prostate Cancer Screen, Blood Test, Rectal Exam				Discuss with provider
Stool Test for Blood				Yearly
Flexible Sigmoidoscopy (Colon Exam)				Every 5 years

These guidelines were prepared by Virginia Mason Medical Center in January 1999, and reflect the best information available to date about screenings and routine examinations. They will be updated as new findings and tests are available.